

TALON

NEWS MAGAZINE

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**Swine Flu
Hysteria
Special Edition**

VOLUME XVIII ISSUE II

President Barack Obama declared the swine flu outbreak a national emergency.

By Mary Beth Brand

Media Gone Wild Over This Year's Flu

What is the big deal over H1N1? We first heard of it as the "swine flu" when it broke out in Mexico in early 2009. The first case in the United States was in April 2009. According to the World Health Organization or WHO, there have been approximately 4,100 deaths worldwide to date. In the United States an average of 36,000 people die from flu-related complications each year. So why is this flu generating more press, or is it hype? Why was it originally referred to as the "swine flu?"

Here at Avila there are many thoughts on this subject. Loganne Grider from Greenfield, Missouri said she believes the threat is real and not hype. Torie Murillo, a nursing student from Lees Summit, Missouri said, "I have a good immune system; I'm not too worried." Both of these students are basketball players for Avila. They did say that the coach is very strict with the team about hand washing and using Germ-X, an anti-bacterial.

As for the term, "swine flu," scientists from the Center for Disease Control (CDC) say that H1N1 has two genes from flu viruses that normally circulate in pigs, as well as avian genes and human genes. The same scientists call this a "quadruple reassortant" virus.

One of the groups most at risk for this flu is young children. Monique Bryson, a communication (film and digital media) student, is also a mother, and this is what she says, "I am extra cautious because of my kids. I don't want them to get the H1N1." She says she is stressing good hand washing and to cover when you cough. She also thinks there is a lot of media hype and said, "People are just getting all worked up about it."

Mary Paduska from Lenexa, Kansas said, "I hope I don't get it!" She also said that if people are coughing she tries to avoid them. Her thoughts also pointed to the media and said it "feels like people are overreacting."

Emily Heid from Leawood, Kansas has had the "swine flu." Soon after the beginning of the school year she became sick. She had never had the flu before. She expressed that she was really sick, but does not think she would have done anything differently. She believes she contracted it from friends who said they were better. From what she understands

the "swine flu" is really no different than the seasonal flu we see every year and thinks all this coverage is "totally media hype!"

Vaccines for the H1N1 began arriving in both Kansas and Missouri on Monday, October 5, 2009. Those groups most at risk, young children, pregnant women and health care workers, will receive the first doses. More will be available in the weeks to come. You can also visit Avila's S.A.F.E. site to check on symptoms and precautions.

No matter whether you believe that this H1N1 is media hype or not, one thing is for sure, the flu season is upon us. So stay safe and healthy.

By Ben Auxier

H1N1 Vaccine Unpopular Among Avila Students

In just one week's time the number of states reporting cases of H1N1 influenza or "Swine Flu" shot up from 27 to 37, according to the Centers for Disease Control and Prevention (CDC). The CDC also says that the virus, like many

other viruses, is especially dangerous for pregnant women and young children. They say that the normal rate for pediatric deaths per flu season is between 44 and 87. The count so far for this year is 77, and the flu season is far from over.

The World Health

Organization (WHO) has issued the results of a study that indicates young people ages 12-17 are most susceptible to the virus. Dr. Nathan Litman, a pediatric infectious disease specialist in New York, wants to remind people that the swine flu is not usually fatal, even for the most vulnerable patients. "At least two-thirds of [the children who died] had underlying conditions, which we recognize as putting them at increased risk for complications," says Litman.

Following record numbers of the swine flu reports in Scotland, health officials reminded everyone that most people who contract the virus have only mild symptoms that are gone in about a week. Still, a majority of doctors in the US are recommending the H1N1 vaccine, which the National Institute of Allergy and Infectious Diseases says did well in initial testing. However, many remain skeptical.

Some students surveyed at Avila say it is an issue of money. "I don't have any money, or insurance, so I can't afford that. Otherwise, honestly, I probably would," says Nicole Santorella, age 21. Santorella is a self-proclaimed hypochondriac, and although she thinks the H1N1 epidemic has most likely been blown out of proportion, it's still a bit scary. "There are at least five bottles of sanitizer around," her roommate Christina Smith, 20, although less concerned with the virus, also cites money as a reason she would not get the vaccine, along with it not being necessary, and rumors she has heard about the possibility of actually getting sick from the vaccine. Concerns like this are common.

"Apparently there's a lot of mercury in the vaccine. I've heard that," says student Adam Robertson, age 20. Robertson is not opposed to the vaccine on strong medical grounds. He, like many students, simply does not think it is something worth worrying about. "I'm a little worried about it, but I'm not worried I'm going to get it," says Corrie Mitchell, 21. Both Mitchell and Robertson say they do not usually get flu shots. They get sick occasionally, they say, but it is never been anything major. Emma Pryor, 19, admits that all the talk of disease has shaken her "enough to where I put germ-x on my doorknob." But, still, she says she does not plan on getting the vaccine because she is worried about the virus developing into something even harder to fight. In the end, however, her consensus is the same as many who were surveyed about their reluctance to vaccinate; "If one of my friends have it then I probably will get the vaccine."



Images and Design: David Fuller
Cover Picture of: Sarah McGuire
Picture On Left of: Eric Lyles

By Chung Cheng

Swine Flu is Everywhere

The vital virus in 2009 has already killed thousands of people around the world. Swine influenza is also called the swine flu or pig flu. Swine flu is a contagious respiratory disease that affects pigs. It is caused by a type-A influenza virus. The most common version is H1N1, as we hear many times already. The current strain is a new variation of an H1N1 virus, which is a mix of human and animal versions. The first swine flu happened in March 2009 in Mexico, when people started to get the flu. They thought it just like the regular flu, so people just ignored it. But when people perceive that people were dying because of the swine flu, it was too late for them.

How does the swine flu affect humans? While the virus causes regular outbreaks in pigs, people usually are not struck by the swine flu. However, there have been instances of the virus spreading to people and then from one person to another. The only difference is, says the Center for Disease Control and Prevention (CDC), transmission in the past did not spread beyond three people as it has done this time.

In past few months the swine flu has become contagious all over the world.

The University of Kansas has had several swine flu cases. Officials say that there are 32 confirmed cases of H1N1 or swine flu on the campus so far, and they say it is spreading at a rate of six new cases per day. The health department in KU

has already warned that the disease was coming, and they are trying to prevent it from spreading further. They are not surprised the disease is coming says the KU spokesman Todd Cohen, what they really want to do is try to decrease the swine cases as low as they can. But here comes the problem: the University has warned the students about how fearful is the swine flu, it may kill people but they can only warn the students. If the students ignore it, there is no way the swine flu cases will be able to decrease. For instance, most of the students are young and all they do on the weekend is party. This is the fast way to get swine flu spread because people do not know who has the flu, and they are in the same area, so the flu may spread fast.

In addition, the chance of getting flu may increase if you have family members or coworkers with flu and touch germ-laden surfaces like doorknobs, phone receivers, computer mice, or countertops that they have touched. So take better care of your health by eating a balanced diet, getting regular exercise and plenty of sleep, and managing your stress may help boost immune function and, thus, reduce your chance of getting flu.

By Lynette Galvan

H1N1 = Blah Blah Blah?

H1N1 otherwise stated as blah blah blah in the words of many Avila students. H1N1 has been the hot topic for some time now. Opinions varying from one spectrum--H1N1 is a serious illness that should be cautioned--to the other: that it's an,

“Over talked about, over reacted illness that in all reality is just another case of the flu, as suggested by Mario Ausiello.

The first case of H1N1 appeared in April 2009 and ever since then has seemed to keep gaining momentum. The organization, Flu Tracker by Rhiza Labs has been keeping tally of reported cases of H1N1 throughout the world. America being one of the top runners, alongside Australia, Mexico, and China with them all totaling around 250,000 confirmed cases. This seems like a very high number, but the regular flu averages around the same amount if not more as reported by the Center for Disease Control and Prevention.

“H1N1 has seemed to find its way around the world, but doesn't the regular flu do the same”, says Trisha Simmons. Sources say it's curable and not deadly if you take care of it right away. The ones who do die from it have been reported to have already had medical problems before, resulting in recovery complications. So is it just another case of the flu? Does Avila, along with other colleges and the population really have anything to worry about?

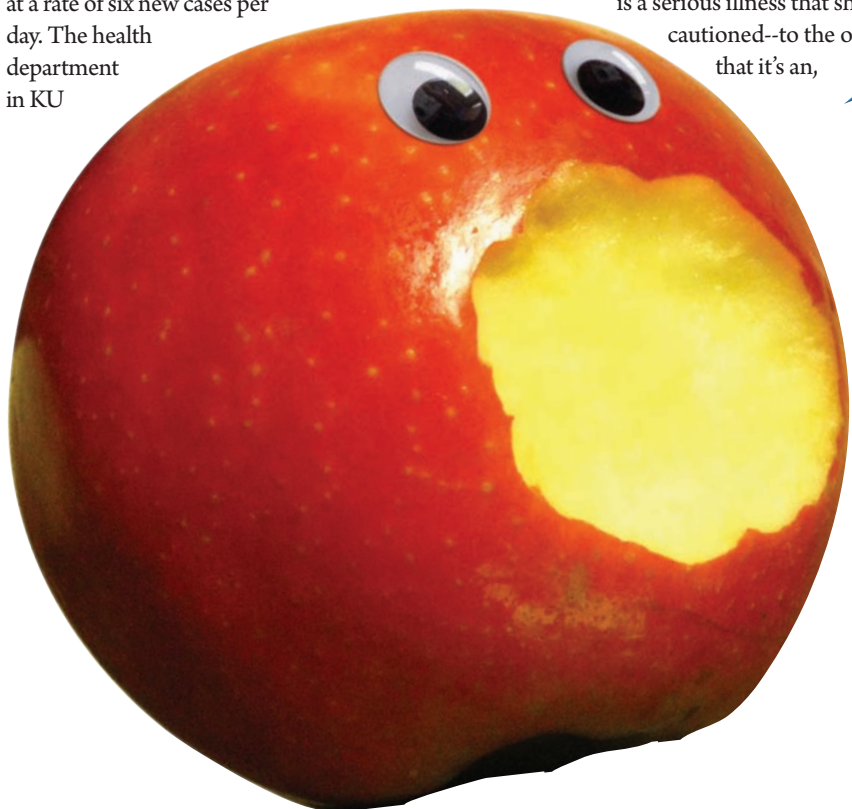
USA Today writes, “College age students are more vulnerable to swine flu than regular winter flu.” Kathleen Sebelius, Health and Human Services, explains, “They need to be encouraged to not only take care of themselves but to isolate themselves when they are sick.” Sebelius later went

on to explain that college students are less likely to go to the doctors or even get check-ups. With students not taking serious pre-cautions could Avila and other colleges be in danger of outbreaks?

Colleges around the country have taken action and prepared for what could be a rough school year with H1N1. Amherst college in Massachusetts has set aside two empty residential halls for infected students, St. John's College in Annapolis, Maryland, has a campus gymnasium available for students, Hamilton College in New York is ready to deliver food and kits to dorm rooms with infected students and for more serious cases to isolated houses, and Carnegie Mellon University in Pittsburgh is reserving an unused sorority house for their infected students. Avila's plan, much similar to Hamilton College, is explained as is by Nurse Carol,

“If the student lives close enough then they are encouraged to go home and remain home until they are fever free for 24 hours and that's 24 hours fever free without any medication such as Tylenol. If the student lives too far away then they are secluded to a bedroom with their own bath, are given a mask to wear when being out in the open, have the option of meals being delivered to them, and with daily check-ins from me.”

With Avila on top of their game, it seems H1N1 will not be a big deal on campus, but the consensus of the students seems to be that H1N1 is not to even be considered a “big deal”. I guess time will only tell.



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By Emily Heid

Student Survives Swine Flu

It was the second day of school. I should have been concerned about what to wear to impress the “cute” boy or what my new semester of classes would bring. Instead, I was worried about survival. That day I awoke feeling achy, barely able to lift my head from the pillow. I had no appetite, a horrible cough, a fever of 102.4, and a racing heartbeat. I soon began to become the Katy Perry song *Hot ‘n’ Cold*! I would break into a sweat and want to stand in the freezer. Then, suddenly, I would be chilled to the bone. As soon as I bundled up and began to feel warm, I would break into a sweat again. I went to the doctor and found I was a statistic. I was a victim of... SWINE FLU!

When my mom heard the news, she was “scared to death”! Being an over reactor, my mom “assumed the worst” and demanded I receive the best care. I was given Tamiflu, an anti-viral medication, which got me back to school within 36 hours of taking the first dose. The big questions became, how did I contract the swine flu? I had been

in contact with a family three days after their quarantine from swine flu ended, could it have been them? According to the doctor who treated me, a person can pass the germs of swine flu to another a week after the victim feels better.

Swine flu, a strain from Type A, cannot be left untreated. If contracted, Nurse Carol recommends to stay home, self-isolate for at least 24 hours after fever is gone, get lots of rest, drink plenty of liquids, use over the counter medications to relieve flu symptoms, and consult medical care early and take antiviral drugs if recommended.

Although the swine flu can be dangerous, is it really all it is cracked up to be? Does the media over dramatize this illness? What makes the swine flu worse than the regular flu which kills 36,000 thousand people each year? Allison Kohls, a sophomore from Oberlin, Missouri, majoring in radiology feels the swine flu is not media hype, but she is not nervous about contracting it. “I use Germ-X” Kohls said when asked how she protects herself. Miranda Meadows, a sophomore from Springfield, Missouri, with an undecided major is also a user of Germ-X. Although she will not get vaccinated this year, Meadows will sit far away from a sick student returning to the classroom after recovering. Jason Bell, from Cocoa Beach, Florida, a senior in physical therapy, feels he will maintain his healthy status because he

“... wouldn’t drink after them [a person who has been sick]”.

If you or someone you know feels the symptoms of swine flu, consult Nurse Carol or your primary physician immediately! Don’t become a statistic like me; be wary of the swine flu. heading into lunch (For pix Jason Bell)



By Liz Nelson

H1N1 on the Avila Campus

Swine flu is definitely something that has everyone, in the country, on edge right now. This is a big issue no matter where you are and is something that Avila University is aware of and is doing its best to prevent.

The University of Kansas had a swine flu breakout earlier in the school year. They had to set up an area to quarantine students, and Avila is trying its best to avoid having to resort to all of this. The school is doing its best to keep the staff as well as the students well informed on what is going on with H1N1 otherwise known as swine flu. On the Avila webpage, there is a page devoted to a Safe Avila For Everyone called S.A.F.E. and there you can click on multiple links that will direct you to information on how to keep yourself healthy right now and what symptoms you should look out for.

One group on campus that is trying there hardest to keep everyone healthy is the Resident Assistants (RA). They go around their floors most nights and spray each door handle with antibacterial disinfectant. It is very important to all of the RA's that all of the resident hall students stay healthy because with sick students comes even more sick students and we do not want to have to quarantine.

This is why it is very important for all of the students to work as hard as you can to stay healthy. Many students aren't doing much to keep themselves healthy. It is common to not worry about something until it actually affects you, but in this case it is important to stay informed and to be on the watch for any symptoms.

Valerie Hanquist, Sarah Friend, and Brittney Rose all answered “no” after being asked if they were doing anything to try and avoid getting swine flu. Brittney Rose did know some of the symptoms of H1N1 stating, “you have a temperature over 102 degrees, and you feel nauseous.” These are, however, only a few of the symptoms of swine flu. If you walk through any of the resident halls you will notice a number of green signs that list out these symptoms including “fever, muscle aches, vomiting, headache, extreme fatigue,” and many more. These signs also give you information on what to do when you feel sick and the number one thing to do is go see Nurse Carol. She will help you with anything she can. She is here on campus to help students get whatever they need to feel better. She will also help contact professors and arrange for meals to be delivered to you room. She is the greatest resource we have on campus and everyone here should know that she is available. Make sure that you stay informed about H1N1 so that you can do all you can to stay healthy.

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By Sarah Wilks

H1N1: Evolved And Devalued Among Students On Campus

Out of five students randomly selected, none have gotten the flu vaccine nor do they plan on it. Most students at Avila do not think it is something to be very concerned about.

Blake Morgan, a Senior of English writing, is not scared by the commotion over the H1N1 virus. Blake believes people should be more concerned with being clean and avoiding all illnesses, not just the swine flu. He says the commotion can be blamed on the media. Blake has not had the flu nor anyone close to him. He will not be getting the flu vaccine. "I think it's serious; people are obviously getting sick, there's real hospital bills, People are actually admitted into hospitals, but I really think that we just need to focus more on taking care of ourselves and being more cleanly," Blake stated.

Bernadette Weeks, a Senior history major, states, "I've actually tried to avoid things about the swine flu because I've gotten so annoyed with it lately." This morning, she heard about the nasal spray vaccines, which she will consider after more research.

Page Soloman agrees in full with Morgan and Weeks. Page, a Junior student majoring in English and minoring in

education, says, "They make it seem like it's a life or death situation when I know one of my girlfriends actually did have it and took her a week and she recovered."

Even Jen Murphy, a Junior studying middle school education, thinks it's just like the regular flu. Murphy is involved in PEACH which is a program for education about health.

Carol Frevert, Avila's school nurse and Director of Health Services, had a different impression on how people should be reacting to the flu. She put together a "Reminder for the H1N1 Flu" that was sent out to students and faculty. "The first thing I'd want to tell you is that the name has sort of evolved over time. It was called swine flu pretty much in the spring. Then they changed to H1N1 because it was a different kind of virus, and now we're pretty much referring to it as ILI, Influenza Like Illness."

The pamphlet includes information about signs and symptoms of ILI, which includes extreme fatigue, dry cough and fever. Initially, she was told to watch

out for students with high fever, around 102 degrees and above. The symptoms for H1N1 involved coughing but not runny nose. Now, she is looking out for any flu symptoms. She has had 14 confirmed cases, but she has

approximately 30 students a day coming to her with concerns about the illness since the 1st of September. Even still, many cases are not reported and they should be. "There are a lot of people who are skeptical about seasonal flu vaccines. You either believe in them or you don't," Frevert explained.

Avila's Seasonal Flu Shot Clinic will take place on Wednesday, November 11 and Thursday, November 12 in the Health Services Office of the Hodes Center. More information and news letters are also available in the Hodes Center.

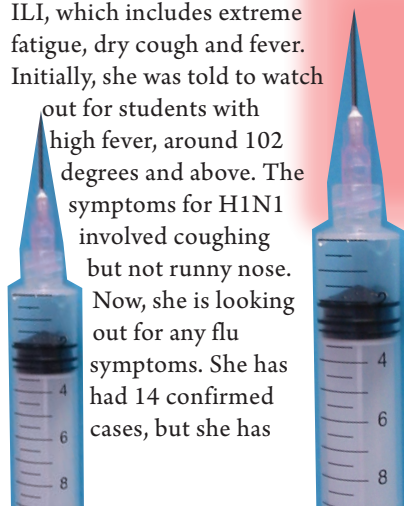
By Cory Stuefer

Swine Flu Awareness High At Avila

Over the past several months America has been plagued by the epidemic known as H1N1 virus, or swine flu. Most of the infected have made full recoveries, but in a few instances death

was the result of the virus. With this potentially fatal illness spreading across the nation, special actions have been taken to help prevent future large outbreaks. Vaccines have been recently distributed in several states across America as early as this week. With new medicine and raised awareness many believe that the virus can be contained and eventually stopped.

Swine flu is not only



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affecting people seen in the media, but it is present at Avila University. According to Director of Health Services, Carol Frevert, “There have been twelve confirmed cases of the swine flu virus on campus since the beginning of the semester.” The confirmed cases are not only students, but faculty members as well. “It is important to remember that not all twelve cases have come at once, but they have been spread out over a few weeks, with most of the infected persons being back to full health now,” Carol stated.

With the virus affecting individuals on campus, it is interesting to hear some of what the residents have to say regarding the safety of their health while living on campus. Many students were actually able to identify several of them without hesitation. Junior student Rob Cline stated, “The symptoms are fever, runny nose, sore throat, and I believe even diarrhea and vomiting.” Several other students had similar answers and awareness of swine flu symptoms. However, many students who are aware of the dangers of the virus are not taking any precautionary measures to help prevent the illness from spreading. A student who is doing so was resident Emilee Bickleman. “I actually have an appointment next week to get my flu shot,” she stated.

Carol Frevert agrees that getting a seasonal flu shot is a great way to avoid contracting the virus. “All students should get a seasonal flu shot and continue washing their hands as often as possible, without touching their eyes, nose, and mouth,”

Tyler Herring, when asked if

he was worried about contracting the virus, said, “No, because as long as I stay hygienic I should be okay.” However, not all students are as confident as Tyler about not contracting the virus. Freshman Casey Parker showed concern when saying, “I am pretty concerned about the flu spreading because it is on the individual to isolate themselves.”

If students suspect that they have contracted the virus, they are encouraged to see a doctor immediately, isolate themselves so as not to spread the illness, and remain in that state until the fever.

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By Faye Gipe

Swine Flu Symptoms And Scare

Fear of the unknown and the uncertain has gripped most of us at some point in our lives. It is this fear that steals away our hard-earned rationality while we seldom take notice of its intentions and if we do, we can often do little to stop what has already begun. At this point in the semester, many students and instructors seem to be well aware of the H1N1 scare that has caused panic on many a college campus over the last year. It is undoubtedly for a good reason as there have been deaths reported and this flu spreads quickly from person to person. However, is it not a little ridiculous if students can be forced to miss classes or ostracized by their peers with nothing more than a good case of allergies?

Flu season has arrived...

To know if you have the flu, check for these symptoms: fever, coughing, runny/stuffy nose, chills, fatigue, aches, and sore throat. In rare cases vomiting and diarrhea may also occur.

If you experience these symptoms, contact your doctor immediately. To prevent the seasonal or SWINE flu, be sure to get the flu vaccine. Nurse Carol can give students seasonal flu shots, while your general physician, local urgent care or clinic has both seasonal and swine vaccines.

Information gathered from www.flu.gov visit for further information

Avila Resident Kelly King caught a virus with characteristics similar to H1N1 influenza early in the semester and stated, “I was freaking out but I usually freak out with that kind of thing. I was like I hope I don’t have it because that would suck and I was really worried that I would miss a lot of class.”

This particular flu has been attributed a variety of symptoms, all of which blend with other, less dangerous ailments. In the dorms and around the campus there are flyers posted that contain a list of symptoms of which to be wary. These include “fever, runny/stuffy nose, muscle aches, sour throat, vomiting, headache, extreme fatigue, dry cough, nausea, and diarrhea.” While all of these happening to a person at one time would be more than severe, it is a smaller combination of these that the flu seems to bring with it. Because of such a broad list of commonplace characteristics, it is not difficult to understand why one runny nose, soar throat, headache, and a dry cough combination can cause such hysterics. Many students who are simply under the weather a bit have been afraid to attend class or to even get food from the cafeteria because of the chance that they will make someone else ill. Granted, there is a system in place that will alleviate those two issues to a degree. In seeing Nurse Carol, students may find out more regarding their symptoms and if they do have the H1N1 influenza and need to be sequestered to their rooms, their instructors will be informed and they may have meals delivered to their rooms. However, for those of us with similar symptoms due to other causes, it would certainly be nice to suffer those less contagious ailments, such as allergies, in peace and, if possible, with friends.



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